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## Frequently Asked Questions About Gambling

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### What is gambling?

Gambling is betting money or something of value on the outcome of a game, contest or other event where the results involve chance and the outcomes are uncertain. Gambling doesn't just happen at casinos. It can include betting \$50 at a poker table, playing nickel bingo, buying a raffle ticket and even betting a soda on a ballgame. In order for an activity to be considered gambling, the following three elements must be present: (1) paying to play or betting something of value, (2) an element of chance and (3) a prize, payout or winning of some sort.

### What forms of gambling are legal to play in Nebraska?

Regulated forms of gaming vary in cities, counties and states. Consumers should be aware of the legal forms in their area. In Nebraska, legal forms include bingo; lottery by pickle cards; lotteries and raffles conducted by qualifying nonprofit organizations; lotteries (keno) conducted by counties, cities and villages; state lottery (Powerball, scratch-off tickets, etc.); and horse racing. Find more information at [revenue.state.ne.us](http://revenue.state.ne.us).

### What forms of gambling are illegal to play in Nebraska?

Some examples of illegal forms of gambling are slot machines, dog fights, video lottery machines, craps/dice, Internet-based gambling, betting on sports/games, office pools and private poker gaming in an unregulated establishment (including private homes).

Internet-based gambling is illegal in most states, but the rules are changing quickly. While it's recognized that there are Internet-based sites (usually hosted internationally) on which to gamble, the exchange of funds beyond state borders is what creates problems related to legality. To date, only a couple of states have established legal means of Internet-based gambling within their state borders. In Nebraska, there are currently no legal forms of Internet-based gambling. Find more information at [gamblingandthelaw.com](http://gamblingandthelaw.com) and [gambling-law-us.com](http://gambling-law-us.com).

### What are the age limits for gambling in Nebraska?

Legal age limits are either 18 or 19, depending on the type of legal gaming. In Nebraska, the legal age is 19 to participate in keno conducted by cities and villages, state lottery and horse racing. The legal age is 18 to play bingo or to purchase pickle cards and lottery or raffle tickets. Individuals under 18 can participate in bingo and purchase lottery or raffle tickets only under limited circumstances authorized by Nebraska law.

### **What is responsible, safe or low-risk gambling?**

Responsible gambling is legal wagering for entertainment only, with limits on time played and money spent for a low risk of harm to self and others. Safe, or low-risk, gambling is being able to play with little chance of losing control or developing unhealthy or unsafe habits that could lead to problematic gambling.

### **What is problematic/pathological gambling?**

Problem gambling is gambling to the extent that it causes any kind of emotional, family, legal, financial or other problems for the gambler or the people around him or her. Pathological gambling is persistent, recurrent, maladaptive gambling behavior that disrupts personal, family or other pursuits. Like substance abuse, it is a progressive addiction with a similar process of destructiveness to the individual and family.

### **What are the signs of problem/pathological gambling?**

Some signs and symptoms of problem/pathological gambling include:

- ➔ Increasing time spent gambling
- ➔ Increasing size of bets
- ➔ Intense interest in gambling activities
- ➔ Turning to gambling during stress
- ➔ Increased irritability and erratic mood or personality changes
- ➔ Feeling depressed or anxious
- ➔ Decreased productivity at work, school or home
- ➔ Lying about gambling-related activities and the amount of money spent
- ➔ Being evasive about losses
- ➔ Spending money earmarked for bills, etc., on gambling
- ➔ Borrowing from others to continue gambling

### **Where can people find help for problem gambling?**

Nebraska residents can call the Problem Gambling Helpline at 1-800-GAMBLER (1-800-426-2537) for confidential support. The Nebraska DHHS Division of Behavioral Health's Gamblers Assistance Program maintains a statewide network of certified compulsive gambling counselors (CCGCs). There are also numerous treatment facilities and self-help groups throughout the state. Find a complete list of support providers at [playitsafenebraska.com/where-to-go-for-help](http://playitsafenebraska.com/where-to-go-for-help).